

# JOPLIN AREA ROADRUNNERS NEWSLETTER



Volume 1 / Issue 1

FEBRUARY 2020

## MSSU LIONS CO-OP DONATION

Two board members, Connie Wilkinson and Noel Holland, were able to present a \$500 check to MSSU Lion Co-Op out of the proceeds from the Pumpkin Run.

The MSSU Lion Co-op operates strictly from donations. They supply easy dorm room foods and other personal items to college students on the MSSU campus. We have included a link for more information on the MSSU Lion Co-op if interested in donating.

<https://www.facebook.com/Missouri-Southern-Lion-Co-Op-Food-Pantry-1616558561782087/>



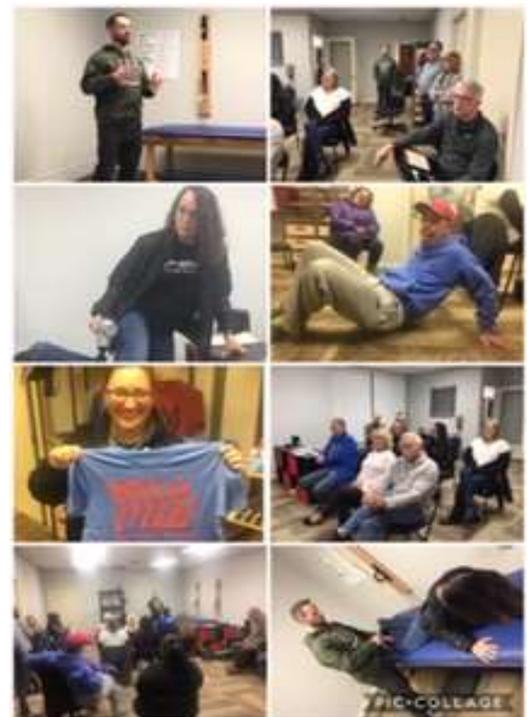
Connie, Gil (MSSU Social Worker and Noel

## FEBRUARY MEETING

The February 2020 Joplin Roadrunners meeting was held at Dr. Christopher Banks, chiropractor. Dr. Banks discussed how he treats those with an active lifestyle with a focus on body movement. He has an individual approach in adjustments – soft tissue and structural issues. He demonstrated the use of a lacrosse ball and the Hypervolt percussion device. Congratulations Dr. Sedberry for winning the door prize courtesy of Dr. Banks!!!

Dr. Banks  
Midwestern Built  
Chiropractic  
219 W 2<sup>nd</sup> St.  
Joplin, MO  
417-572-1372

<https://www.facebook.com/mwbchiro/>



## JOPLIN ROADRUNNERS BOARD

Cora Sharrock - President  
Rob Sanders - Vice President  
David Russell - Treasurer  
Bridget Sparlin - Secretary  
Henri Rik Coeme - Board Member  
Noel Holland - Board Member  
Connie Wilkinson - Board Member

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## “Runners Supporting Others”

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### JRR AMBASSADOR

We want to give a warm welcome to JRR’s Running Ambassador, Sheree Wilson. Below is Sheree’s inspirational story.

My story is proof positive that it’s never too late to start a new journey in life. I came from a not so healthy lifestyle (40 years of being a smoker) to running my first 5k in 2013 at 57 years old. It was a night race with a party like atmosphere that I ran with my daughter. I placed 5th in my age group. I was so amazed that the other runners, for the most part were just ordinary people like me. All I could think about after that race was that if I trained really hard maybe I could place in the top 3 next time. I was hooked. Since that first race I have ran many distances and types of races from 5K’s up to 50K’s. From obstacle races to a Ragnar race and paved races to trail races. In 2017 I broke the State record for the 50K for my age and in 2018 I set the 30K record for my age. Like most runners I know, I have had setbacks and comebacks. The important thing is to take care of yourself and get back out there.

I currently am so honored to be a part of:

1. Missouri Team Beef 2017
2. Fit Mom Strong Mom Ambassador 2019
3. Springfield Brewing Company Athletics 2019
4. Half Fanatics 2019
5. Team Beachbody Coach 2019
6. Honey Stinger Ambassador 2020
7. Bolder Athletic Wear Ambassador 2020
8. Hogeye Ambassador 2020
9. Joplin Area Roadrunners Ambassador 2020



*Angry Bull 30K*

### **CALL FOR NEWSLETTER ARTICLES!**

Articles and or photos (decent quality resolution) of your recent running adventures or events for the newsletter are encouraged. Please submit any material that is inspirational, scenic, unique, fun, or just worth mentioning to any board member.

# UPCOMING RACES and more

## St. Patrick's Day Social Run Presented by the Joplin Roadrunners

March 14<sup>th</sup> @ 8am

Joplin, MO

Meet at the Frisco trail at Zora & St. Louis.

Run to Crazy Llama Coffee, 1206 W MacArthur Dr suite i, Webb City.

There we will enjoy a free (provided by the Joplin Roadrunners) 10 ounce fruit smoothie, eat cookies and socialize. Then we will run back to the trailhead to complete an approximate 4 mile run. All levels of walking and running are welcome.

<https://facebook.com/events/s/st-patricks-day-social-run/656694971759346/?ti=icl>



## Lucky Pup 5K

March 17<sup>th</sup> @ 12pm

Pittsburg, KS

VIRTUAL 5K

<https://facebook.com/events/s/lucky-pup-5k/763695137490368/?ti=icl>

RUN ANYTIME AND ANYWHERE BETWEEN MARCH 1ST AND 17TH. JUST SIMPLY CONTACT US TO RECORD YOUR TIME! ALL RUNNERS WILL RECEIVE A T-SHIRT IF REGISTERED BY FEBRUARY 28TH @ NOON.

**\$25**

Call us @ 620.231.8510 or send an email to [paris@pitks.org](mailto:paris@pitks.org) for more information/registration. Proceeds to benefit SEK Humane Society.



## 6<sup>th</sup> Annual Run for Missions

April 4<sup>th</sup> @ 7am

Carthage, MO

It's a fun time for the whole family and we always have lots of yummy post-race snacks! We offer a kids One Mile Fun Run as well as the 5k & half marathon distance. The 5k and half marathon courses are certified as well as flat & fast. If you're looking to snag a new PR, this is where to do it! This year the proceeds will be go towards building more schools on the island of Pentecost, Vanuatu. Thank you to all of those that continue to support Run For Missions and are a huge part of giving the children of Vanuatu an education.

<https://facebook.com/events/s/run-for-missions/2428234460614484/?ti=icl>



## Freeman Family 5k

April 4<sup>th</sup> @ 7am

Joplin, MO

1 mile fun run and 5k

<https://facebook.com/events/s/10th-annual-freeman-5k/178427763465792/?ti=icl>





**Dogwood Run**  
April 18th @ 9am  
Neosho, MO  
5k and 1 mile Walk  
<https://facebook.com/events/s/38th-annual-dogwood-run-5k-and/1044452489222966/?ti=icl>

**Candy land**  
April 25th @ 8am  
Joplin, MO  
5k and Walk  
<https://facebook.com/events/s/candy-land-5k-and-walk-for-aut/617268775751703/?ti=icl>



**Breaking the Silence of Sexual Abuse**  
April 25th @ 8:45am  
Joplin, MO  
5k and 10k  
<https://facebook.com/events/s/breaking-the-silence-of-sexual/2536711886443483/?ti=icl>



**Rallye66 Benefit 1 3 5**  
April 26th @ 7:30am  
Carthage, MO  
Kids Obstacle Run, 5k and Ranger Run (5k)  
<https://facebook.com/events/s/rallye66-benefit-1-3-5/178607229724164/?ti=icl>

**Tower to Tower**  
May 9th @ 8:00am  
Carthage, MO  
5k and mile fun run  
<https://facebook.com/events/s/tower-2-tower-5k-mile-fun-run/781514969024319/?ti=icl>



**Joplin Memorial Run**  
May 16th @ 6:30am  
Joplin, MO  
5k, 10k, half relay and half marathon  
<https://facebook.com/events/s/freeman-joplin-memorial-run-pr/350961272319260/?ti=icl>



# KIDS CLASSIC

## Presented by Joplin Roadrunners



**Kids Classic Fun Run Presented by the Joplin Roadrunners**  
**June 6th @ 9:00am**  
**Joplin High School**  
**Joplin, MO**

The Fun Run is an annual event for pre-K through Sixth Grade students from Joplin, MO and the surrounding areas. Distances are based on age. The event is free and open to the public. This year's event will be held at Joplin High School track in Joplin, MO.

Distances by grade, check it out. ☺

GRADE	DISTANCE TO RUN
Grade 6	1 mile
Grades 4-5	1 mile
Grades 2-3	1/2 mile
Grades K-1	1/4 mile
pre-K	length of field (accompanied by an adult)

Sign up for this free event today! June 6, 2020!

[https://docs.google.com/forms/d/e/1FAIpQLSd2MRiu\\_LD2bOGuye88Xovf9HVePf8VlNFKix9Pi3aYtPIdYQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd2MRiu_LD2bOGuye88Xovf9HVePf8VlNFKix9Pi3aYtPIdYQ/viewform)

Stacey Middleton, one of JRR's members, has taken over planning The Kids Classic.

We will need VOLUNTEERS. Please mark your calendars and plan to be there to help with this event!

# UPCOMING WEEKLY RUNS

In December it was announced that the JRR Board Members were interested in holding group runs throughout the week for members. This will include runners, walkers, etc. We will be starting that in March and will be posting events for each run. **Everyone is welcome, regardless of your pace or ability.**

Tuesday, March 3, 2020  
Time: 6:00 to 7:00 pm  
Joplin Public Library  
1901 E 20th St

Thursday, March 5, 2020  
Time: 6:00 to 7:00 pm  
Irving Elementary School  
2901 McClelland Blvd

Tuesday, March 10, 2020  
Time: 6:00 to 7:00 pm  
Forest Park Church  
725 S Highview Ave  
Park in lot behind Billy Sim's

Thursday, March 12, 2020  
Time: 6:00 to 7:00 pm  
JRR Meeting  
Suzanne's Natural Foods  
3106 Connecticut Avenue

Every Tuesday Morning  
Time: 5:00 to 6:00 am  
Joplin High School Track  
1901 E 20th St

Saturday, March 21, 2020  
Time: 9:00 am - 11:00 am  
Veterans Wall of Honor  
103 Veterans Way  
Bella Vista, AR 72714  
An hour out and an hour back  
Razorback Greenway run  
Back 40 trail run

Saturday, March 14, 2020  
Time: 8:00 to 9:30 am  
Saint Patrick Social Run  
Frisco Trail Zora and St. Louis  
Run to Crazy Llama  
For free 10 oz Smoothie and Cookie

Tuesday, March 17, 2020  
Time: 6:00 to 7:00 pm  
Freeman Surgery Center  
1531 E 32nd Street

Thursday, March 19, 2020  
Time: 6:00 to 7:00 pm  
Memorial Hall  
212 W 8th St

Tuesday, March 24, 2020  
Time: 6:00 to 7:00 pm  
Schlotzsky's 32nd and Main  
3120 S Main St

Thursday, March 26, 2020  
Time: 6:00 to 7:00 pm  
KU Medical School  
2901 St Johns Blvd,

Tuesday, March 31, 2020  
Time: 6:00 to 7:00 pm  
Joplin Public Library  
1901 E 20th St

Thursday, April 2, 2020  
Time: 6:00 to 7:00 pm  
Irving Elementary School  
2901 McClelland Blvd

Tuesday, April 7, 2020  
Time: 6:00 to 7:00 pm  
Forest Park Church  
725 S Highview Ave  
Park in lot behind Billy Sim's

Thursday, April 9, 2020  
Time: 6:00 to 7:00 pm  
JRR Meeting  
Joplin YMCA  
3404 W. McIntosh Circle Drive

# UPCOMING MEETINGS

## March Meeting

March 12th @ 7:00pm

Suzanne's Natural Foods

3106 Connecticut Avenue

Joplin, MO

<https://facebook.com/events/s/jrr-monthly-membership-meeting/1583208881837669/?ti=icl>

Suzanne will be promoting and speaking about some products for runners. We will be on the 1st floor.

Run at 6 pm, Meeting at 7 pm

Membership forms will be available



SERVING THE FOUR STATES SINCE 1991

## April Meeting

April 9th @ 7:00pm

Joplin Family Y

3404 McIntosh Circle

Joplin, MO

<https://facebook.com/events/s/jrr-monthly-membership-meeting/1273186986208907/?ti=icl>



Bobby Ballard will be our speaker and will discuss equipment use for runners.

Run at 6 pm, Meeting at 7 pm

Membership forms will be available

## May Meeting

May 14th @ 7:00pm

Millennium Family Fitness

1227 N Range Line Road

Joplin, MO

<https://facebook.com/events/s/jrr-monthly-membership-meeting/195389768451201/?ti=icl>

This meeting will be for adults only.

Megan Cameron will be our speaker and will give a sample of laps/swim drills in the pool for those that are interested (6pm - 6:45). Then, afterwards, meeting will continue poolside, with her talking to us some more and then the business portion of the meeting.

Swimming from 6 to 6:45 in lieu of running for this meeting.

Membership forms will be available



Mission: A community organization dedicated to a healthy lifestyle through running, biking and swimming. We seek fun, fellowship and friendly competition.